

Taylor Miller

MART120-50

09/13/2021

## What's Your Learning Style? The Results

Your Scores:

[▶ Printer Friendly Version](#)

- Auditory: 35%
- Visual: 40%
- Tactile: 25%

You are a **Visual** learner! Check out the information below, or [view all of the learning styles](#).

### Visual

If you are a visual learner, you learn by reading or seeing pictures. You understand and remember things by sight. You can picture what you are learning in your head, and you learn best by using methods that are primarily visual. You like to see what you are learning.

As a visual learner, you are usually neat and clean. You often close your eyes to visualize or remember something, and you will find something to watch if you become bored. You may have difficulty with spoken directions and may be easily distracted by sounds. You are attracted to color and to spoken language (like stories) that is rich in imagery.

Here are some things that visual learners like you can do to learn better:

- Sit near the front of the classroom. (It won't mean you're the teacher's pet!)
- Have your eyesight checked on a regular basis.
- Use flashcards to learn new words.
- Try to visualize things that you hear or things that are read to you.
- Write down key words, ideas, or instructions.
- Draw pictures to help explain new concepts and then explain the pictures.
- Color code things.
- Avoid distractions during study times.

Remember that you need to **see** things, not just hear things, to learn well.

---

## Learning Style

Learning styles and modes of thought were introduced to me by a high school English teacher. They had the class take a similar test, and my results at that time were roughly the same. I don't have a well cultivated metacognitive awareness - that is, I don't pay attention to how I work at or learn something - so I'm as surprised by these results as I was back then. Given

this information, I will try to utilize visual aspects whenever I can. I would like to work towards gaining a better understanding and awareness of my learning though. I find it difficult to maintain effective mindfulness when I am working towards something. The "flow" state seems to take over, and this state (in my experience) has always lacked an element of mindfulness and critical self-awareness.